

News Briefs

Free movie preview

A free movie preview is scheduled for 7 p.m. Saturday at the base theater. Movie information and tickets are available at the base exchange and shop-pette. BLAZE TEAM members are encouraged to arrive at the preview early, as seating will be on a first come, first served basis.

PTL CPR refresher course

A physical training leader cardiopulmonary resuscitation refresher class is at 1 p.m. Monday in the medical clinic training room. This class is only for current PTLs whose CPR cards are expired or about to expire. CPR certification is required to be a PTL. Class size is limited. To sign up, e-mail Maj. Beverly Sabourin at sabourinb@columbus.af.mil.

Student Spouse Group

Past, present and future student spouses are invited to a Student Spouse Group social at 1 p.m. Wednesday at the base pool. The group is part of the Columbus Officers' Spouses' Club and provides spouses an opportunity to meet new people and build resources. Children are invited and no reservations are required.

American Fighter Pilot DVD

The American Fighter Pilot DVD is now available at the base library. The DVD set is three discs, seven hours, including five hours of film never broadcast, plus a "making of" bonus documentary.

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NEWS

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Maintenance experts streamline T-38 periodic inspection process at Laughlin AFB, Texas.

Columbus Air Force Base, Miss.

July 8, 2005

Just what the doctor ordered



Col. David Armstrong, 14th Medical Group commander, receives a ceremonial "hosing down" after his last T-1 flight with the BLAZE TEAM Wednesday. Colonel Armstrong will relinquish command of the 14th MDG at 8 a.m. Monday at Ceremonial Plaza before departing for his next assignment at Keesler AFB, Miss.

CAFB resumes anthrax vaccinations

The Department of Defense is resuming the Anthrax Vaccine Immunization Program under conditions specified in the Food and Drug Administration's Emergency Use Authorization.

Base officials are implementing mandated education procedures that must precede the resumption of the program, which now includes an option for members to decline the vaccine.

Under the act, personnel deploying to or stationed in the U.S. Central Command area of responsibility or the Korean peninsula for 15

or more consecutive days will be offered the anthrax vaccination and may decline the offer without penalty.

Declination of the vaccination, however, will not change service-members' deployment status or availability.

"This is good news for our deploying Airmen," said Col. David Lewis, chairman of the base Anthrax Vaccine Immunization Program Emergency Use Authorization implementation team and 14th Operations Group commander. "We wouldn't dream of sending them

into a high threat area without a chemical mask, helmet and a flak vest. The Anthrax vaccine is one more way we can protect our troops against a very real and highly lethal threat."

Personnel eligible to receive the anthrax vaccination will be informed that the vaccine is being administered under the emergency use authorization and must sign that they have received a tri-fold brochure titled, "What You Need to Know about Anthrax Vaccine."

See **ANTHRAX**, Page 3

Fat trimmed from T-38 inspection process

Master Sgt. Anthony Hill
47th Flying Training Wing

LAUGHLIN AFB, Texas — A team of nearly 20 maintenance experts gathered here last week in an effort to streamline Laughlin's periodic inspection process.

Representatives from various Air Education and Training Command bases, Headquarters AETC logistics and the Ogden Air Logistics Center at Hill AFB, Utah, joined members of Laughlin's maintenance directorate for a value

stream analysis, the first stage of what's referred to as the Lean process.

The primary objective of the analysis, conducted here June 20 to June 24, was to create a plan to reduce waste, or extra steps, from the T-38 periodic inspection process.

Lean, primarily a commercial manufacturing process developed by Toyota, is being used by the Air Force to improve processes in a variety of areas that support the overall mission.

Laughlin is one of only three Lean events in AETC funded this year by Headquarters Air Force Installations and Logistics. The other two include MH-53 helicopter phase inspection at Kirtland AFB, N.M., and Headquarters AETC course development for technical training.

This is Laughlin's first Lean event and the first time it has been conducted on training aircraft, according to Philip Pulliam, Laughlin's T-38 aircraft maintenance division chief and team chief for the value stream analysis.

A value stream analysis consists of everything that goes into creating and delivering the "value" to the end customer

... in this case, a fully inspected and operational T-38 to the flight line.

Laughlin has three inspection phase docks where each holds one aircraft at a time. The plan's major goals include reducing the inspection turn-around time by 30 percent in 12 months, maintaining a 225-hour average time per month until the next periodic inspection, and reducing the amount of time aircraft wait for repairs by 10 percent. The group also identified 15 initiatives that will assist in achieving the goals.

"If it doesn't add value to the product — it's waste. (We learned that) in most traditional processes, about 80 percent of the steps done by people and machines can be considered waste."

- Philip Pulliam
Stream analysis team chief

dle on the inspection phases, viewed lessons learned at other bases, looked at participant's expectations, planned their current state and charted what their future state would look like.

"During the analysis, we created a future state process that has the potential of reducing steps by about 40 percent," Mr. Pulliam said. "Based on our analysis, we (found ways to reduce) the number of days it takes to do a T-38 inspection by 21 percent."

Currently it takes 27.5 days to complete a T-38 periodic inspection here. As a result of the analysis, the team set a goal to reduce it to 21.75 days.

"We really had to think of ways to reduce waste," the team chief said. "If it doesn't add value to the product — it's waste. (We learned that) in most tradi-

tional processes, about 80 percent of the steps done by people and machines can be considered waste."

Mr. Pulliam emphasized the goal of this process is not to make people work faster.

"It's simply to organize (the process) in such a way to eliminate that non-value-added time," he said. "And, a lot of it is just waste."

A spaghetti chart the group analyzed also revealed how efficient Laughlin is when aircraft are moved to different areas and the points where parts came off the aircraft during the process.

"It's one item mentioned as one of the most efficient ever seen," Mr. Pulliam said.

The entire team will return Aug. 22 for the next stage of the Lean process — the rapid improvement event.

"This was a macro view of the process and everything in it," he said. "(In the rapid improvement event), we're going to go down to the micro view to see how long it takes us to do things and if there's any way we can reorganize the flow of how we do things."

Mr. Pulliam said they will continue working on the action plan between now and the time the team returns. He added they are conducting a review of technical requirements, and the team will be looking at it during the rapid improvement event.

"We're looking at the way we do business," he said. "But, at the same time our counterparts from Ogden Air Logistics Center are taking a hard look at how often we inspect the various components. The other AETC bases are also seeing what we're doing so they can improve their processes too."

A follow up visit will take place here in September to determine how well the action plan was implemented and what else was revealed during the rapid improvement event.

SILVER WINGS

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Submission Deadline

The deadline for submitting copy for next week's SILVER WINGS is noon Monday. Articles may be dropped off at the public affairs office or e-mailed.

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COLUMBUS AFB TRAINING TIMELINE

PHASE II				PHASE III				WING SORTIE BOARD			
Squadron	Senior Class	Squadron Overall	Track Select	Squadron	Senior Class	Squadron Overall	Graduation	Aircraft	Required	Flown	Annual
37th (06-05)	-3.76 days	-3.32 days	July 21	48th (05-12)	-1.04 days	0.72 days	July 22	T-37	546	130	23,066
41st (06-06)	-0.29 days	-0.05 days	Aug. 11	50th (05-12)	1.44 days	1.30 days	July 22	T-38C	110	85	11,332
								T-1A	208	92	10,300

Graduation speaker: Brig. Gen. Jack Ramsaur, U.S. Strategic Command Global Operations



Tech. Sgt. Stephen Bachant
14th Medical Operations
Squadron



The 14th Flying Training Wing thanks Sergeant Bachant **for his contributions to the on- and off-base communities.** He has donated more than 60 hours to his second Habitat for Humanity home build and has also worked to develop a motorcycle riding safety club for the BLAZE TEAM.

14TH FLYING TRAINING WING DEPLOYED

As of press time, **24 BLAZE TEAM members are deployed** worldwide.

Remember to support the troops and their families while they are away.



Senate confirms Moseley as next CSAF

SAN ANTONIO — The Senate has confirmed Gen. Michael Moseley as the next chief of staff of the Air Force. He is the current Air Force vice chief of staff.

General Moseley met with members of the Senate Armed Services Committee June 29 during his confirmation hearing.

Following the approval of the committee, his nomination was forwarded to the full Senate which approved the nomination just before adjourning for the Fourth of July holiday.

During the hearing he said his priorities would be to further refine and improve joint warfighting skills, continue to strengthen the Air

Force's greatest asset — its people — and to recapitalize the aging aircraft fleet to meet future warfighting needs.

General Moseley is a command pilot with more than 2,800 hours in the T-37 Tweet, T-38 Talon and F-15 Eagle. He is a graduate of Texas A&M University where he earned both a bachelor's and a master's degree in political science.

Besides holding numerous operational assignments, he commanded U.S. Central Command Air Forces and served as Combined Forces Air Component commander for operations Southern Watch, Enduring Freedom and Iraqi Freedom. *(Courtesy of Air Force Print News)*



Left: Gen. Michael Moseley, Air Force vice chief of staff, talks to a group of congressional, industry and senior Air Force leaders during an Air Force Defense Strategy and Transformation Seminar in Washington Feb. 9.

CDPs give civilian employees voice, more career influence

RANDOLPH AFB, Texas — As part of civilian force development efforts, development teams are now using Career Development Plans to provide employees at the GS-13-15 level with development recommendations (vectors) on their careers.

CDPs are forms that allow civilians to list their short- and long-term development goals. The CDP provides employees an opportunity to indicate their personal desires for experience, training, educational opportunities and, in return, receive DT feedback on how their personal desires fit in with Air Force goals and requirements.

“These plans are the employee’s primary voice into the civilian force management process,” said Mr. Henry Snider, director of civilian force management at the Air Force Personnel Center here.

“We’re noticing some people who’ve been given an opportunity to complete a CDP don’t because they mistakenly believe they will have to move or take another job. The reality is there’s no risk or commitment incurred by completing a CDP.

“The only risk is not completing a CDP,” he said. “In essence, those who don’t complete a CDP are leaving their career progression to chance.”

Once employees complete a CDP, it is reviewed by appropriate people in the chain of command and their career field. Ultimately, it’s what DTs use to validate career goals and recommend the best next type of experience, education or training opportunity for each employee.

That recommendation is then used by career field managers at AFPC to best match Air Force needs with

each employee’s expressed career goals.

Reviewers of the form will also be able to record additional recommendations made by the development teams. The CDP process, to include DT review, will be conducted on an annual cycle or on timelines established by each career field, according to Mr. Snider.

While initial efforts in civilian force development are concentrating on the GS13-15 ranks, similar processes will eventually be rolled out for lower grades.

Civil engineering, financial management, contracting, program management, scientist and engineer, and personnel civilian career fields have already begun using CDPs and by the end of the year, all GS13-15s career fields will be using the CDP.

GS13-15 employees can contact their career field management teams at AFPC for more information about specific CDP submission timelines and content. Points of contact and additional information about civilian force management can be found online at: www.afpc.randolph.af.mil/cp/. *(Courtesy of Air Force Personnel News Service)*



Master Sgt. Shelli Fisher
Career Assistance Advisor

Air Force Career Advisors

The Career Assistance Advisor position was created in an effort to increase retention rates. CAAs provide supervisors with the necessary tools to conduct career counseling with their first and second term enlisted servicemembers.

They are a resource for the commander, first sergeant, and most importantly, immediate supervisor. For more information, call Master Sgt. Shelli Fisher at Ext. 7004.

ANTHRAX

(Continued from Page 1)

The brochure explains the vaccine’s benefits and side effects so that people can make informed decisions about the vaccination.

“Anthrax is easy to weaponize, highly lethal and difficult to detect,” Colonel Lewis said. “Airmen need to educate themselves about the effectiveness of the anthrax vaccine to protect themselves and the mission when they are deployed.

“This is a safe and effective vaccine against all forms of anthrax,” he continued. “It is FDA approved, highly scrutinized and, most importantly, the best way to protect yourself against a very real threat.”

For more information about the base’s Anthrax Vaccine Immunization Program, visit www.anthrax.mil. *(Courtesy of Air University and 14th Flying Training Wing Public Affairs)*

Tweet, civilian plane collision caused by reduced visibility

RANDOLPH AFB, Texas — Air Force officials have completed their investigation of the midair collision between a T-37 Tweet and a civilian crop-duster Jan. 18 near Hollister, Okla., which resulted in a civilian pilot’s death.

Accident investigators determined there were two causes to the accident. First, the Tweet aircrew, Capt. Christopher Otis and 2nd Lt. Roderick James, and the crop-duster pilot, Carl Dierk Nash, failed to see and avoid each other in sufficient time to prevent the collision.

Second, the civilian pilot was at an altitude designated for aircraft flying under instrument flying rules while he was supposed to be flying under visual flying rules.

Investigators theorized, based on Mr. Nash’s extensive experience with visual flying rules, that he may

have been passing through 5,000 feet while transitioning to a proper altitude, but “there was no way to confirm this.”

At the time of the collision, the T-37 crew had completed their training mission and was returning to base. They ejected safely from their aircraft, with the student pilot sustaining minor injuries. Mr. Nash was delivering the crop-duster from the aircraft’s manufacturer in Olney, Texas, to Huron, S.D.

The report cited reduced visibility from a haze layer at 4,500 to 6,000 feet and both aircraft’s cockpit design as contributing factors that hindered the crews in seeing and avoiding each other.

After the midair collision, the aircraft crashed within one-half mile of each other, and both were destroyed. *(Courtesy of Air Force Print News)*

26 disciplinary actions issued during 2nd quarter

During the second quarter of 2005, the military justice section of the Columbus AFB Legal Office administered one summary court-martial, 22 nonjudicial punishments and three involuntary separations.

Court-martial

An Airman from the 41st Flying Training Squadron pled guilty to one charge of use of marijuana at a summary court-martial. The summary court officer accepted his guilty plea and sentenced the Airman to 10 days in confinement, reduction to E-1 and a reprimand.

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An Airman basic from the 14th Security Forces Squadron received 60 days restriction for dereliction of duty after failing to complete a correction custody program.

An Airman first class from the 14th Comptroller Squadron received a reduction to the grade of E-2, 30 days extra duty and a reprimand for unlawful entry, assault and battery, and failure to go.

An Airman first class from the 14th

SFS received a reduction to the grade of E-1, forfeiture of \$617 pay per month for two months, 30 days correctional custody and a reprimand for being absent without leave for less than three days, disobeying an NCO and making a false official statement.

An Airman first class from the 14th CPTS received a suspended reduction to the grade of E-2, thirty days extra duty and a reprimand for unlawful entry and failure to go. The suspended punishment was later vacated for dereliction of duty after the Airman failed to report to an assigned extra duty location.

A senior Airman from the 14th Operations Support Squadron received a suspended reduction to the grade of E-3 and 28 days of extra duty for obtaining services under false pretenses.

Two senior Airmen from the 14th SFS received a reduction to E-3 and a reprimand for dereliction of duty after one member failed to complete assigned tasks and the other failed to properly prepare a dormitory room for inspection.

A staff sergeant from the 14th SFS received a reduction to E-4 and a reprimand for dereliction of duty after failing to maintain radio contact and possession of a weapon.

A technical sergeant from the 14th SFS received a suspended reduction to the grade of E-5 and a reprimand for dereliction of duty after failing to follow proper accident reporting procedures and soliciting another to commit a crime.

Ten officers, ranks of second lieutenant through captain, from the 14th OSS received forfeitures ranging from \$250 to \$500 pay per month for two months and reprimands for unacceptable conduct offenses including: conduct unbecoming an officer for cheating on academic tests, dereliction of duty for cheating on academic tests and making a false official statement.

A first lieutenant and second lieutenant from the 14th OSS received forfeitures of \$300 and \$500 pay per month for two months and a reprimand for driving while intoxicated.

DUI status

“Don’t Drink and Drive”

Last DUI: June 10, 2005

Days since last DUI: 29

Unit: 14th Civil Engineer Squadron



Congratulations reenlistees

The 14th Flying Training Wing congratulates the most recent Air Force reenlistees: **Senior Airman Jon-Michael Bridgeman**, 14th Services Division; **Tech. Sgt. James Cross**, 14th Civil Engineer Squadron; **Staff Sgt. Matthew Smith**, 14th Comptroller Squadron; and **Senior Airman Steven Parker**, 50th Flying Training Squadron.

I’m considering retraining into another career field. What information do I need to know before I proceed?

Four-year enlistees can apply the first day of their 35th month through the last day of their 43rd month. Six-year enlistees can apply the first day of their 59th month through the last day of their 67th month. Overseas personnel can apply from the 9th through 15th month prior to their date eligible to return from overseas, or DEROS. For more information about retraining, call Ext. 7038.

To speak with the career assistance advisor, call Master Sgt. Shelli Fisher at Ext. 7004.

CSAF Sight Picture

Airmen, spiritual strength and core values

Gen. John Jumper
Air Force Chief of Staff

Our lives changed when we took the oath to defend our nation and put on the uniform of an Airman.

But what was that change? Was it merely symbols — uniform, rank, and badges?

No, it was a transformation from whoever we were before to someone vested in higher order values, a transformation into a part of something bigger than ourselves. We come from all walks of life, from every part of our Nation.

We are different people from diverse backgrounds and with our diversity we bring different sets of values. We have different hopes and aspirations, different goals and different beliefs. It is perhaps our Nation's greatest strength that, since its founding, we can stand shoulder to shoulder with people of different origins and beliefs for a single purpose — to serve.

As part of our service in the United States Air Force we are expected to embrace its Core Values: Integrity first, Service before self and Excellence in all we do. These values are a guide that binds us together, even as we fight for the right to be different in so many other ways.

We use the word "Core" because we expect these values to be fundamental to our service, to guide our com-



mitment to our country and our mission, and to serve as a test for the decisions we make in both our personal and professional lives. Our commitment to these core values means that they are more than just words posted on a wall or recited by rote. They reside in the front row of our daily lives to help us wrestle with our toughest decisions and to guide us on our path of service as Airmen.

At our Air Force Academy, we have experienced issues with expressions of religious beliefs and with perceptions that one set of beliefs is favored over others. Remember Service before self.

Religion is intensely personal and disagreements can detract from the teamwork necessary for Air Force units. In particular, sharing personal beliefs in a professional setting, one where leaders are performing their duties in a chain of command or in a superior-subordinate relationship, can easily become improper influence about personal matters.

Furthermore, it can be resented. A friend of mine recently expressed it this way: "The core task of every leader in the profession of arms is uniting his or her people into a strong team, with levels of trust and commitment so high the unit keeps working well even under extreme pressure. Everyone in a unit contributes to that task." Anything that detracts from that teamwork ultimately detracts from the mission.

What does this mean about how leaders should approach spiritual strength? Spiritual strength is an integral part of leadership.

Our greatest leaders are able to elevate the human

spirit and inspire extraordinary performance.

Spiritual strength is what drives us to make sacrifices for others, for our nation and for the greater good. For some, a commitment to a specific religious faith is a source for that spiritual strength, but not for all. For some, it is their heritage and the experience of a community of people within our human family. For others, it is the way they were touched as individuals by a family member, teacher, or leader's work of faith or charity.

As we stress our Core Value of Service Before Self, we see spiritual strength as its foundation, whether or not an individual sees himself or herself as religious.

Faith and religious freedom were fundamental to the founding of this Nation. Chaplains are part of our profession of arms and have a unique charter: to minister to those who share their specific faith, to facilitate ministry to those of other faiths, and to care for all — including those whose spiritual strength does not come from religious belief. Our chaplains should set the example for mutual respect among different faiths and beliefs. Service Before Self.

There will be more specific guidance about expressions of personal religious beliefs. This guidance will emphasize mutual respect and the wingman culture fundamental to all Airmen.

The expression of personal preferences to subordinates, especially in a professional setting or at mandatory events, is inappropriate. More importantly, we should always be guided by our Core Values. That's what makes us the superb Airmen that we are.

Airmen get ACCES to better communication

Staff Sgt. Thomas Doscher
1st Fighter Wing

LANGLEY AFB, Va. — The most important word in a maintenance operation is "stop!"

To help spread the work, the attenuating customized communications earpiece system was developed by Air Force Research Laboratory scientists and local F/A-22 Raptor specialists. The earpiece makes it easier for pilots and maintainers to hear that life-saving word without having to give up hearing protection.

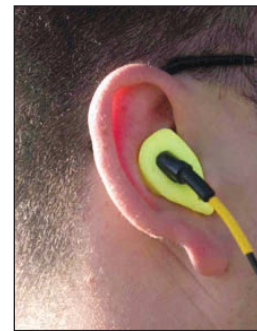
"It started with maintainers not being able to communicate with pilots," said Capt. Kevin Divers, 27th Fighter Squadron aerospace physiologist. "We also needed something that could handle pressure changes and would be safe."

The system filters out high-frequency noises from fighter aircraft while using tiny speakers to allow the wearer to hear radio communications.

"The real issue was the sound pattern around the F/A-22 was so loud, maintainers couldn't hear," said Hendrick Ruck, director of the Air Force Research Laboratory's human effectiveness directorate. "With these, communication is almost perfect."

The system makes use of several features to reduce noise.

"By being molded, (the ear plugs) have



Hendrick Ruck, director of the Air Force Research Laboratory's research team from Wright-Patterson AFB, Ohio, demonstrates the wear of the attenuating customized communications earpiece while sitting in the cockpit of one of an F/A-22 Raptor.

good passive protection," Mr. Ruck said. "They are perfectly fitted. They also use active noise reduction. They take the predictable noises and cancel the wave forms."

All fighter aircraft have high-frequency noise, Captain Divers said. The plugs are made from silicone, which blocks out the higher frequencies while the form-fitted seal provides better protection from noises on the lower end.

Mr. Ruck said the goal was to improve

communication among pilots, maintainers and crew chiefs.

"We looked at the noise in the cockpit," he said. "How much noise can we take out and enhance communication? We put speakers in them and used special forces bone microphones."

The system has exceeded expectations, Mr. Ruck said.

"Our tests are pretty good," he said. "(The ear plugs) canceled out 47 decibels in

tests, which we think is a record."

Larger ear protection devices and foam plugs, like those used now, only block out a maximum of 40 decibels, Mr. Ruck said.

Captain Divers said there was an added advantage to replacing the speakers in the F/A-22 helmet with the new system.

"It shaves 5 ounces off the weight of the helmet," he said. "It doesn't seem like a lot, but when you hit G-forces, that helmet feels heavier."

Along with the F/A-22, the system is being considered for helicopter pilots and special operations forces troops. It was used by civilian astronaut Mike Melvill aboard SpaceShipOne, the first manned, private spaceship that made history June 2440 with its voyage into space.

"Before these plugs, we had problems because we were using little foamy earplugs," Mr. Melvill said.

"When I switched to the new system, I had perfect hearing of what was going on from mission control throughout both of my flights and had no discomfort at all from the noise of the rocket motor," he said.

Despite its other uses, Captain Divers said the real goal was keeping aircrews safe.

"It helps the pilots immensely," he said. "In a combat environment, you don't want to have to think about what's being said. Clear communication is important."

Mentoring can have long-term affect on your career

Lt. Col. Gerard Rowe
43rd Flying Training Squadron

I wasn't mentored. Well, actually I was, but it started quite late in my career — nearly too late. If I write something here that steps on your professional toes, then maybe you should own up to what I'm about to say ... and do something about it.

Unit climate assessments continually alert me that most Airmen don't think they've been properly mentored. I don't disagree, but I've set out to change this in my squadron. There are reasons for our shortcomings.

First, the Air Force's official version of mentoring can be found in Air Force Instruction 36-3401. Don't stop reading



now! I know when I see AFIs in that 36 series, it scares me into next Tuesday. OK, now I'm done discussing the official approach.

Mentoring is definitely not for sissies. The Air Force has a phenomenal plan for rewarding achievement. Writing officer and enlisted performance

reports has become an art form all its own.

The awards and decorations system recognizes everyone periodically. Hopefully, the verbiage in those citations is accurate. Usually, it's valid to celebrate individual accomplishment with these tools. But what about the day-to-day story?

People want to know the truth.

Deliberate, overt mentoring is the solution. Tell those you supervise the truth — the good, the bad and the ugly. Tell subordinates what they need to do better.

If you use too much sugar, they may not hear what you're saying. If they get the entire message, they may initially be mad or bruised. But the next day (or the next week, or the next month, or the next PCS assignment) they'll respect you for your courage.

At a minimum, when the time comes for job advancement or promotion, nobody will be surprised. In the best case, your advice will have effected positive change and the best outcome will ensue ... well past your tenure.

Once upon a time, I found out too late that I wasn't getting the job promotion I was looking for. My boss (and his boss) spelled out my flaws in exact detail.

There was no sugar-coating. They told me things I needed to correct before I could progress. I was in total shock and disbelief — but nobody else was.

Later, I realized that my boss' only mistake was waiting until he had to mentor me, not when he should have. It was not pleasant. I've committed to stopping this practice within my control.

Mentoring isn't easy. It's often uncomfortable. It sometimes seems harsh. It's always inconvenient. We avoid difficult personal situations. We don't want to embarrass someone. We have our own inadequacies to consider. We know the "system" will do the dirty work in the end if we don't. Mentoring definitely isn't for wimps.

But remember this: When you have a noticeable piece of spinach between your front teeth, you certainly want someone to tell you ... and the sooner the better.

Troops donate supplies to Afghans

Capt. Mark Gibson
455th Air Expeditionary Wing

BAGRAM AB, Afghanistan — About 50 Airmen recently volunteered to organize a container filled with nearly 63,000 pounds of donated supplies for an additional mission here — the adoption of a village.

Airman sorted the supplies into groups for males, females, adults and children.

The Airmen then traveled to a village several miles outside Bagram to distribute the supplies.

They delivered bags filled with basic school supplies to about 200 children from Haji Khan Baba, a small village within Afghanistan's Parwan Province.

"Each child received his or her own toy and bundle of school supplies," said 1st Lt. David Knight, a 455th Expeditionary Security Forces Squadron operations officer. "We also dropped off about two pickup trucks full of large bags of men's, women's and children's clothing with the village elder. The toys and school supplies were donated by our troops here and their support system back home. The donated items never seem to stop coming."

The success of the daylong humanitarian effort was not only seen through the eyes of these smiling children and

their parents, but was also felt by the Airmen who made it happen.

"It was a great experience ... I really felt like I was making a difference, and the trip gave me the opportunity to go 'outside the wire' and see local villages," said Tech. Sgt. Michael McGeever, noncommissioned officer in charge of the legal office.

Planning for this excursion started about a month in advance. Security forces Airmen and Office of Special Investigations agents surveyed the surrounding towns, plotted the routes in and out of the village, and coordinated with the Army's provincial reconstruction team so the group would know exactly what to expect, Lieutenant Knight said.

"The list of people who wanted to help out was enormous," said Master Sgt. Darryl Postell, 455th EMSG's first sergeant and project coordinator. "We are here to fight terrorism, stop bad guys and win the heart and minds of the Afghan people. Adopt-a-village is a win-win situation for everyone because the children of Afghanistan receive toys and badly needed school supplies while allowing Airmen, our ambassadors in blue, the opportunity to travel out to local villages, which leads to an experience they will never forget."



Staff Sgt. John Golden hands an Afghan child a stuffed animal and coloring book during an adopt-a-village trip in Parwan Province, Afghanistan. Airmen from the 455th Air Expeditionary Wing at nearby Bagram AB take part in the program to assist villages in Afghanistan with infrastructure, fresh water, school supplies and toys for children.

Services offers base community variety of choices

Boss and buddy night: The Columbus Club offers an all-ranks boss and buddy night from 4 to 8 p.m. Thursdays in the Landing Lounge with \$1 draft beverages and a free taco bar for club members. Nonmembers pay \$2.95 for the taco bar. Call Ext. 2490.

Give parents a break/Parents day out: The youth center and child development center offer this program from 9 a.m. to 3 p.m. July 16. The registration deadline is Wednesday. To sign up, call the youth center at Ext. 2504 or the child development center at Ext. 2479.

Champagne Sunday brunch: The Columbus Club offers this combination of breakfast and lunch entrees from 10:30 a.m. to 1:30 p.m. July 17. Cost is \$9.95 for club members and \$12.95 for nonmembers. Ages 6 to 12 eat for \$5, and ages 5 and younger eat for free. Call Ext. 2490.

Youth center camps: The youth center offers several camps for base youth. A cheerleading camp is from 9 to 11 a.m. for ages 6 to 9 and from noon to 2 p.m. for ages 10 and older July 19 through July 28. Cost is \$25 for youth center members and \$35 for nonmembers. A Spanish camp is from 9 to 11:30 a.m. July 25 through July 29 for ages 6 to 9. Cost is \$20 for youth center members and \$25 for nonmembers. Call Ext. 2504.

Youth trips to Choctawhatchee Fair: The youth center offers this trip to Philadelphia, Miss., for preteens Wednesday and for teens July 15. The trip is free for youth center members and \$15 for nonmembers. Call Ext. 2504.

Family fun night and pool party: The Columbus Club offers this family fun night from 5:30 to 8 p.m. Thursday at Independence Pool. The event will feature a poolside picnic with hamburgers, hot dogs, brat-wurst, pizza and ice cream. Cost for members is \$3.95 for adults and \$1.95 for ages 6 to 12. Cost for nonmembers is \$5.95 for adults and \$2.95 for ages 6 to 12. Ages 5 and younger eat for free. Call Ext. 2490.

Home decor classes: A variety of home decor classes are available at the arts and crafts center. People can build a Japanese step cabinet-styled entertainment center at 10:30 a.m. or 6:30 a.m. July 21. Cost is \$50 and includes supplies. The entire center measures 46 inches by 43 inches by 24 inches.

The television compartment measures 41 inches by 32 inches by 21 inches with two storage units underneath.

People can also build a companion step storage unit for the entertainment center at 10:30 a.m. or 6:30 p.m. July 28. Cost is \$50 and includes all supplies except decorative door pulls. The storage units measure 36 inches by 36 inches by 24 inches. To sign up, call Ext. 7836.

Stampin’ Up workshop: Crafters can create five hand-stamped projects during this workshop from 9 to 11 a.m. and 7 to 9 p.m. July 21, or from 1 to 3 p.m. July 23 at the 14th Services Division Complex. Cost is \$15, including a \$10 credit on purchases made in the class. Participants must register at the youth center. Call Ext. 2504.

Auto hobby shop summer special: The auto hobby shop offers an oil change and tire rotation for \$25 or an oil change, tire rotation and balance for \$40. For an appointment, call Ext. 7842.

Casino dinner trip: The information, ticket and travel office offers a trip to the

Silver Star Casino in Philadelphia, Miss., July 15. Cost is \$25 for club members, \$28 for nonmembers, and includes transportation, \$15 in coins and a free buffet dinner. Call Ext. 7861.

White water rafting trip: The information, ticket and travel office offers a trip to Ocoee, Tenn., to ride the white water rapids Aug. 20 through Aug. 22. Cost is \$105 per person for club members and \$120 for nonmembers. Cost includes a half river trip, transportation, two nights lodging and three meals. Call Ext. 7861.

Back-to-school shopping trip: A back-to-school shopping trip to the Riverchase Galleria and Watermark Outlet Malls in Birmingham, Ala., Aug. 6. The bus will depart at 8 a.m. and return around 6 p.m. Call Ext. 7861.


Bowling center pro shop specials: The bowling center offers a red, white and blue single-ball bowling bag for \$17 while supplies last and a 10-percent discount on all regularly priced items in the pro shop. Call Ext. 2426.

Lunch and bowl for \$5: The bowling center offers a lunch and bowl special from 11 a.m. to 1 p.m. Monday through Friday. Patrons can bowl two games, receive free shoe rental, and their choice of a cheeseburger or hot dog, fries and regular drink for \$5. Call Ext. 2426.

New bowling center snack bar items: The bowling center snack bar breakfast menu now features a steak, bologna or chicken biscuit for \$1.50. Other new items include a fish sandwich for \$2.50 or a yogurt cone for 75 cents. Ice cream cones are on special for 50 cents each this month. To place an order call Ext. 2426.

Club scholarship deadline July 15: Six individuals will be selected to receive a total of \$25,000 in scholarship money given away in the Air Force Club Membership Scholarship Program. Club members and their families are eligible to submit an application and an essay to Fred McKenney, 14th Services Division director, by July 15. Applications are available at the education office and at the Columbus Club. Call Ext. 2490.

Tasty



Staff Sgt. Thomas Gould, 14th Medical Operations Squadron, enjoys one of the lunch menu a la carte meals available at the Columbus Club from 11 a.m. to 1 p.m. Tuesday through Friday. The club now offers customers a 12-minute guarantee. If their order is not filled within 12 minutes, they receive a free lunch. The Columbus Club also features a new \$4.95 all-you-can-eat lunch buffet for both members and nonmembers during July. Call Ext. 2490.

Borda Maddox

Chapel Schedule

Catholic

Sunday:
9:15 a.m. — Mass
5 p.m. — Confessions
5:30 p.m. — SUPT Mass

Protestant

Sunday:
9 a.m. — Adult study and children’s one room Sunday school
10:45 a.m. — Combined service (Contemporary/Traditional)
Wednesday:
9:30 a.m. — Ladies Bible study
11:30 a.m. — Lunchtime study
5:30 p.m. — Pot luck supper and Bible study

Religious studies

A chapel community provides a variety of religious studies every Wednesday at the chapel annex. A ladies’ study, “Managing Your Time” by Jean Syswerda, is from 9:30 to 11:30 a.m.; a lunchtime study, “The Fruit of the Spirit” by Stuart Briscot, is from 11:30 a.m. to 12:30 p.m.; and an evening study, an overview of the Bible led by Tom Marlin, is from 5:30 to 7:30 p.m. For more information about these studies and other programs, call the chapel at Ext. 2500.

Family Support Center

(Editor’s note: All activities are offered at the family support center unless otherwise specified. For more information about any of the activities listed, call Ext. 2790.)

Spouse welcome

A welcome reception for spouses new to Columbus AFB is from 10 to 11 a.m. every Wednesday at the Magnolia Inn Lobby. Spouses will receive gifts and information about the family support center.

Employment assistance

A workshop about employment assistance from the Mississippi Department of Employment Security for people retiring, separating or new to the area is from 12:30 to 12:55 p.m. Tuesday.

TAP workshop

A transition assistance workshop for personnel who are within one year of retirement or separation from the mili-

tary is from 7:30 a.m. to 4:30 p.m. Tuesday through Thursday. To sign up or for more information, call Ext. 2839.

Veterans Affairs

A Veterans Affairs benefits seminar is from 10:30 to 11:30 a.m. Tuesday.

Government applications

A workshop on federal employment and the Small Business Administration is from 12:55 to 2 p.m. Tuesday.

Health benefits

A seminar with information about health benefits available to personnel who are separating or retiring from the military is from 2:10 to 3:10 p.m. Tuesday.

Smooth move

A workshop for relocating families is from 10 a.m. to noon July 19. Participants will learn what to expect from the travel management office, housing, military pay, legal, billeting, Tricare and the family support center. Registration is required by July 18

Single parents social

A social gathering for single parents and their children is from 5:30 to 7:30 p.m. July 21 at DeWayne Hayes Recreational Park. Food will be provided. Participants must sign up by July 19.

Hearts Apart social

A social gathering for families of personnel deployed or remote for more than 30 days is from 5:30 to 7:30 p.m. July 21. Information, refreshments and prizes are provided.

Financial management

A workshop about back-to-school financial management planning is at 11 a.m. July 21.

School re-registration

Registration for school-age children who have previously attended the Columbus Municipal School District is from 4:30 to 6:30 p.m. July 25 at the family support center. New students must be registered at the district office.

PDF, Jr.

Ages 6 to 12 are invited to participate in this youth-oriented deployment program at 9 a.m. July 26. Children will learn what happens during their parents’ TDY or deployment tasking. Registra-

tion is limited to 75 children. To sign up, call the family support center.

Sponsorship training

A workshop designed for all unit introduction monitors is at 9 a.m. July 26. Training includes the importance of effective sponsorship and resources available for both sponsors and newcomers.

Thrift Shop

The Thrift Shop, located at Building 345, C Street, is open from 9 a.m. to 1 p.m. Thursdays during July. Consignments are accepted during business hours until one hour before closing. Volunteers are welcome. For more information, call 434-2954.

Base Notes

Commissary hours

The Sunday commissary hours of operation have changed; the store opens at 11 a.m. and closes at 5 p.m. Store hours for the rest of the week are as follows: closed Monday; 9 a.m. to 6 p.m. Tuesday, Friday and Saturday; 10 a.m. to 6 p.m. Wednesday; and 10 a.m. to 8 p.m. Thursday. For more information, call the commissary at Ext. 7109.

PTL Class

A physical training leader certification class is from 7:30 a.m. to 4:30 p.m. July 18 at the health and wellness center. This class is for active-duty servicemembers becoming unit PTLs. Class size is limited. To sign up, contact a unit fitness program manager; or for more information, call Staff Sgt. Clifton Somers at Ext. 2289 or Stephanie Atkins at Ext. 2908.

E-mail feedback

The 14th Medical Group is implementing a new process for obtaining timely feedback from its patients about their dental visits. An e-mail will be sent to each patient within a few days following a dental appointment to obtain feedback on the quality of the service they received related to their appointment. This is a test project to evaluate the usefulness of obtaining feedback via e-mail. Patients’ participation and feedback are encouraged to ensure that their needs and expectations are met. For questions concerning this program, call Master Sgt. Kevin Rogers at Ext. 2846 or Ext. 2250.

Movies

Today
“The Longest Yard”
(PG-13, crude and sexual humor, violence, language and drug references, 107 min.)
Starring: Adam Sandler, Chris Rock and Burt Reynolds.

Saturday
Free movie preview
Visit the base exchange or shoppette for details

All movies are shown at 7 p.m. at the base theater, unless otherwise noted. For more information, visit www.cafb.services.com.

Daily historic home tours: The public is invited to tour Columbus historic homes daily. For more information about schedules and admission, drop by the Mississippi Welcome Center or the Columbus Historic Foundation, or call (800) 920-3533.

Stitches From the Heart: Stitches From the Heart seeks volunteers to knit, crochet or quilt blankets, sweaters and hats for babies in need. For more information, call Kathy Silverton at (866) 472-6903.

Wakeboard and ski competition: A wakeboard and ski competition is scheduled for July 23 at the Columbus Marina off of Wilkins-Wise Road.

The event is open to the public and all levels of wakeboarders, and registration is required. Dates are subject to

change. For more information or to register, call 327-8450.

Women of Purpose Conference: This conference begins July 15 at the Tabernacle of Mercy (Ministry of Jesus Christ) Inc. located on 4435 Highway 45 North in Columbus and ends July 16. A general session begins at 7 p.m. July 15 with speaker Sharon Johnson at Tabernacle of Mercy. Events on July 16 kick off with a 10:30 a.m. prayer workshop with speaker Bianca Caldwell also at Tabernacle of Mercy. A marriage workshop with speaker Laren Jamison is at 11:30 a.m. at the Maranatha Faith Center, and a general session is scheduled for 7 p.m. with speaker Brenda Corder in Nashville, Tenn. For more information, call Master Sgt. Ellajean Jones at Ext. 3576.

Host families needed: Student exchange Cultural

Academic Student Exchange Inc. seeks families in the Golden Triangle area to be host families for high school foreign exchange students. For more information, call (800) 458-8336.

Poetry reading and book review: The Sandfield Horizon Committee holds an open-mic poetry reading and book review at 5:15 p.m. every fourth Sunday at the Sandfield Community Center. Readings begin at 5:15 p.m. and the book review begins at 6:30 p.m.

DAV volunteers: People interested in driving members of the local chapter of the Disabled American Veterans should call 244-0391.

For more event listings, visit www.columbus-ms.org.

BARGAIN LINE

Bargain Line advertisement

The Bargain Line is free for all military members (including guard and reserve members), DOD civilians, military retirees, family members and contract employees.

Bargain Line advertisements must be turned in to the Silver Wings office in the 14th Flying Training Wing headquarters building by noon Monday to be included in the following week's issue. Late ads will be held over for the next issue.

Reruns must be phoned in to the Silver Wings office, 434-7068, by noon Monday for inclusion in the next week's issue. Please do not re-submit ads for rerun on this form. Advertisements should contain a home phone number, home address or both. Duty phone numbers will not appear in the ads.

Advertisements for private businesses or services providing a continuous source of income, such as baby-sitting or rental property, may not appear in the Bargain Line. They may, however, be purchased through the Silver Wings publisher, 328-2424. Please fill out this form completely. The Silver Wings staff reserves the right to edit ads as necessary.

Type of advertisement (circle one) Home Transportation Miscellaneous Yard sales Pets

Print advertisement _____

Name _____

Home Telephone # _____ Duty Telephone # _____
(in case we need more information)

Please let us know what you think of the Silver Wings:

Are you happy with the Silver Wings? Yes ☐ No ☐

What would you like to see more of in the newspaper? News ☐ Sports ☐ Photos ☐ Other _____

If you would like to give any other suggestions, please e-mail us at silverwings@columbus.af.mil.

Shorts

Fitness 101

This fundamental fitness class is from 9 to 11 a.m. Thursday at the fitness center. Participants will learn about the machines available at the center. Call Ext. 2772.

14th CS golf scramble

The 14th Communications Squadron Booster Club Golf Scramble is from 8 to 11 a.m. July 15 at Whispering Pines Golf Course. Teams are comprised of four people. Cost is \$15 plus greens fees and Mulligans are available for purchase as well. There will be longest drive and closest-to-the-pin competitions and a drawing for a 27-inch television. For more information, call Ext. 7203 or Ext. 2051.

Bowling specials

All day July 15, the bowling center offers a special rate of \$1 per game and free shoe rental. Every Monday, cost is 50 cents a game and free shoe rental. Call Ext. 2426.

British Open Pick Tournament

This tournament is July 16 and July 17 at Whispering Pines Golf Course. Participants must select a tour play by 9 a.m. July 16. Entry is \$10 plus greens fees, and a handicap is required. Call Ext. 7932.

British soccer youth camp

This youth camp is from 8 to 11 a.m. or 5 to 8 p.m. July 18 through July 22. Cost is \$100 per person and includes a soccer ball and T-shirt. Participants must register at the youth center. For more information, call Ext. 2504.

Par 3 Golf Tournament

This tournament is July 23 at Whispering Pines Golf Course with a shotgun start at 8 a.m. Cost is \$15 plus greens fees, and a handicap is required. Call Ext. 7932.

No-tap bowling tourney

This tournament begins at 7 p.m. July 29 at Strike Zone Lanes. Entry is \$15, which includes \$5 for linage and \$10 for the prize fund. Call Ext. 2426.

July golf specials

From 8 a.m. to noon Monday through Thursday during July, greens fees are half price for adults and ages 16 and younger can play 9 holes for \$2 when accompanied by an adult at Whispering Pines Golf Course. Call Ext. 7932.

Twisted Mixed Tournament

This golf tournament is scheduled for Aug. 6, with an 8 a.m. shotgun start. Entry is \$60 per couple plus greens fees, and includes a cart, ditty bag, lunch on the patio and a prize fund contribution. Call Ext. 7932.



Airman 1st Class Cecilia Rodriguez

Kaine Huffstutter, 8, gives Karina Canfield, 6, a piggyback ride at Independence Pool Wednesday. Pool admission will be free throughout July due to the profits of the base recycling center. The pool is open from 11 a.m. to 7 p.m. Monday through Friday, and from noon to 7 p.m. Saturday and Sunday. Cost is \$1 per day for eligible patrons and their family members or \$2 per day for non-family member guests. For more information or to purchase season pool passes, call Ext. 2507 or Ext. 2491.

Web site delivers high-tech, hands-on health education

1st Lt. Ellen Harr
59th Medical Wing

LACKLAND AFB, Texas — Making the transition to a healthier lifestyle can make the difference between life and death for patients with cardiovascular disease.

Through detailed illustrations, testimonials from other patients and other cutting-edge technologies, the CardioConnection Web site takes patient education well beyond the doctor's office. The site gives patients access to comprehensive health education tools from their home computers.

"The site helps patients take a look at cardiac risk factors and learn how to minimize them," said Sandra Black, a cardiac rehabilitation coordinator with the 759th Surgical Operations

Squadron at Wilford Hall Medical Center here. "It also helps provide them with valuable skills for lifelong health."

The CardioConnection site was created by the Air Force's Center for Excellence in Medical Multimedia and features 3-D animations of cardiac-related symptoms and procedures, personal testimonials from patients and heart-healthy dietary tips.

"It is by far the best educational resource for patients with cardiovascular diseases that I have ever seen," said Maj. (Dr.) Richard Krasuski, staff cardiologist and director of cardiovascular research with the 759th SOS. "It also appears to help them make the necessary lifestyle changes to get healthier."

The Cardiac Rehabilitation Program at Wilford Hall averages 60

to 75 visits per week, so the information provided by CardioConnection is the perfect complement to the educational counseling patients receive during their appointments, Ms. Black said.

"It re-enforces all that information (we provide during face-to-face patient education). The quality of the videos is great," Ms. Black said. "They are really professionally done, and they feature patients who have experienced the same things they are going through. So patients who visit the Web site and view the videos can hear and identify with the experiences of others."

For more information, people can visit the CardioConnection Web site at www.cardioconnection.org. (*Courtesy of Air Education and Training Command News Service*)